# 

# (NAME OF COUNTY HEALTH DEPARTMENT)

## (ADDRESS OF COUNTY HEALTH DEPARTMENT)

(TELEPHONE NUMBER AND FAX NUMBER OF COUNTY HEALTH DEPARTMENT)

(WEB ADDRESS OF COUNTY HEALTH DEPARTMENT)

# Preventing the Spread of Coronavirus Disease 2019 in Homes & Residential Communities (CDC)

## ****Recommended precautions for household members, intimate partners, and caregivers in a non-healthcare setting of:****

**A patient with symptomatic laboratory-confirmed COVID-19 or a patient under investigation.**

Household members, intimate partners, & caregivers in a nonhealthcare setting may have close contact with a person with symptomatic, lab-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health and call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

The patient has been served with an Order of Quarantine & must read & comply with this order.

Failure to remain quarantined for the ordered period is a Class A misdemeanor, and the patient may be subject to a monetary penalty or more serious consequences.

The patient is hereby ordered to not leave their home except for receiving medical care directed by their doctor, a life-threatening emergency, or until an Order of Release from Quarantine has been received from the (NAME OF COUNTY HEALTH DEPARTMENT).

Close contacts should also follow these recommendations:

* Make sure you understand and can help the patient follow their healthcare provider’s instructions for medication(s) and care. Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
* Monitor the patient’s symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider’s office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
* Household members should stay in another room & be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
* Prohibit visitors who do not have an essential need to be in the home.
* Household members should care for pets in the home. Do not handle pets or other animals while sick.
* Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
* Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
* Avoid touching your eyes, nose, and mouth with unwashed hands.
* The patient should wear a facemask when around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), the caregiver, should wear a mask when in the same room as the patient.
* Wear a disposable facemask and gloves when you touch or have contact with the patient’s blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
  + Throw out disposable facemasks and gloves after using them. Do not reuse.
  + When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
* Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below “Wash laundry thoroughly”).
* Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
  + Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves & ensuring there is good ventilation during use of the product.
* Wash laundry thoroughly.
  + Immediately remove/wash clothes or bedding with blood, stool, or body fluids.
  + Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
  + Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
* Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
* Discuss any additional questions by phone with the (NAME OF COUNTY HEALTH DEPARTMENT) or healthcare provider.